

What Is OVS?

- a.** An alternative way to start a tennis match?
- b.** A food service style where students serve themselves?
- c.** A new way to offer more food choices on school menus?
- d.** A system designed to decrease food waste and give students greater flexibility?



OVS: Who, When, and Where?

OVS is:

- Required for lunch at senior high schools
- Optional at lunch in lower grade levels
- Optional at breakfast in all grades

Who decides?

- School food authority decides:
 - whether to implement OVS when optional and in what grades
 - whether students below high school can decline 1 or 2 food items at lunch
- Students decide what foods to decline



What's for Lunch?

Students must be offered a lunch that contains:

- 5 food items...
- from the 4 food components...
- in at least the minimum serving sizes for the appropriate age/grade group.

The 4 food components at lunch are:

<i>Component</i>	<i>Abbreviation</i>
Meat/Meat Alternate	M/MA
Vegetables/Fruits	V/F
Grains/Breads	G/B
Milk	Milk

The 5 food items at lunch include:

- Meat/Meat Alternate
- Grains/Breads
- Vegetables/Fruits—two or more servings of different kinds of vegetables and/or fruits
- Milk



Lunch Age/Grade Groups

Lunch meal patterns are established for the following age/grade groups:

- Ages 1-2
- Ages 3-4 (Preschool)
- Grades K-3
- Grades 4-12
- Grades 7-12 (optional)

Reimbursable Lunches

General requirements for OVS at lunch are:

- Schools must offer at least the minimum serving sizes of all 5 food items.
- Students must select the minimum number of items required (at least 3 of 5 for senior high school; 3 or 4 of 5 for lower grades).
- Must take full servings to count toward a reimbursable meal.
- May decline any food item, including the entrée or milk.
- May take smaller portions of declined food items (does not affect price).
- Lunch must be priced as a unit.



Taco Bar Lunch Menu #1

(Grades 4-12)

Taco Shells

Seasoned Meat

Refried Beans

Spanish Rice

Tortilla Chips

Chopped Lettuce

Diced Tomato

Grated Cheese

Fresh Salsa

Sour Cream

Guacamole

Baby Carrots

Cucumber Slices

Choice of Fruit

Choice of Milk

Oatmeal Cookie

How many food components?

How many food items?

Taco Bar Lunch Menu #2

(Grades 4-12)

- Choose 1 (2 oz M/MA + 1 svg G/B):
 - Beef Tacos (2)
 - Bean Tacos (2)
- Choose 1 (1 svg G/B):
 - Spanish Rice
 - Tortilla Chips
- Choose 1 or more ($\frac{1}{4}$ cup V/F):
 - Chopped Lettuce
 - Diced Tomato
 - Fresh Salsa
- Choose 1 or more ($\frac{1}{2}$ cup V/F):
 - Baby Carrots
 - Cucumber Slices
 - Choice of Fruit
- Choose 1 (8 fl oz Milk):
 - Choice of Milk
- Choose up to 2 condiments or desserts:
 - Grated Cheese
 - Sour Cream
 - Guacamole
 - Oatmeal Cookie



What's for Breakfast?

Breakfasts offered to students must contain:

- 4 food items;
- from 3 or 4 food components;
- in at least the minimum serving sizes for the appropriate age/grade group.

The breakfast food components are:

- Milk
 - Juice/Fruit/Vegetable (V/F)
 - Grains/Breads (G/B)
- AND/OR
- Meat/Meat Alternate (M/MA)

The 4 breakfast food items are:

- | | |
|---|--|
| 1 | 1 serving of milk |
| 2 | 1 serving of juice/fruit/vegetable |
| 3 | 2 servings of grains/breads (G/B) |
| & | OR 2 servings of meat/meat alternate (M/MA) |
| 4 | OR 1 serving G/B and 1 serving M/MA |
| | OR An equivalent combination of M/MA and G/B |

Age/grade groups established for breakfast:

- Ages 1-2
- Preschool (ages 3-4)
- Grades K-12



G/B or M/MA or Both at Breakfast?

For grades K-12, school breakfasts must offer:

2 svg G/B

(serving sizes vary)

OR

2 oz M/MA

(1 oz equivalent each)

OR

1 oz M/MA and 1 svg G/B

OR

An equivalent combination of M/MA and G/B

For example:

2 G/B

- Bagel (1.8 oz)
- Waffle (2.2 oz)
- Blueberry Muffin (3.6 oz)
- Oatmeal (cooked) ($\frac{3}{4}$ cup) and Toast (.9 oz)

2 M/MA

- Hard-cooked Egg (1 large)
- Fruit-flavored Yogurt (1 cup)
- Cottage Cheese ($\frac{1}{2}$ cup)
- Sausage Links (2 oz equivalent M/MA)

1 G/B + 1 M/MA

- Sausage Biscuit (1 oz equivalent M/MA + .9 oz G/B)
- Breakfast Burrito (1 serving)
- Oatmeal (cooked) ($\frac{3}{4}$ cup) with toasted nuts (1 oz)
- Cheese (1 oz) on toast (.9 oz)



Sample Breakfast Menus

Traditional FBMP
(Grades K-12)

<i>Food Items</i>	<i>Food Components</i>
Assorted Cereal	1 svg G/B
Toast & Jam	1 svg G/B
Orange Juice	½ cup V/F
Milk	8 oz MILK
Cheese & Egg Quesadilla with Salsa	1 svg G/B + 1 oz M/MA
Applesauce	½ cup V/F
Milk	8 oz MILK
Flavored Yogurt (4 oz)	1 M/MA
Bagel Half with Jelly	1 svg G/B
Dried Fruit Mix	½ cup V/F
Milk	8 oz MILK

<i>Food Items</i>	<i>Food Components</i>
Toasted Ham & Cheese Sandwich Half	1 svg G/B + 1 oz M/MA
Pineapple Chunks	½ cup V/F
Milk	8 oz MILK
Baked French Toast	1 oz M/MA + 1 svg G/B
Orange Wedges	½ cup V/F
Milk	8 oz MILK



Reimbursable Breakfasts

General requirements for OVS at breakfast (optional at all grade levels):

- Schools must offer at least the minimum servings sizes of all 4 food items from 3 or 4 food components.
- Students must select at least 3 food items.
- Must take full servings to count toward a reimbursable meal.
- May decline any food item, including the milk.
- May take a smaller portion of the declined food item.
- Breakfast must be priced as a unit.



Breakfast Combinations

Combination foods at breakfast are foods containing more than 1 food item.

Examples:

- Cheese and Egg Quesadilla
- Baked French Toast
- Breakfast Burrito
- Sausage Biscuit (served together)

Consistency Counts

To minimize confusion among cashiers, consider planning daily menus that have:

- The same number of food items.
- The same number of choices within food items.



Meal Service Efficiency

Issue: “OVS meal service takes too much time.”

Solutions to try:

- Educate students, adults.
- Rearrange service area to improve flow.
- Add a cashier during rush times.
- Post choices at start of service line.
- Use posters, table tents, etc. to explain concept of OVS.

Issue: “Offer more choices?! Our serving space is already cramped!”

Solutions to try:

- Use smaller size serving pans.
- Use tiered shelving.
- Offer combination foods.
- Purchase mobile serving counters/carts.

